



Apple Podcasts Preview



Surgeon General Vivek Murthy on Covid and Mental Health  
[Alyssa Milano: Sorry Not Sorry](#)

Politics

The United States is entering its third COVID winter, with no end to the pandemic in sight. There is a loud minority of vaccine-averse Americans, and a dangerous number of anti-science politicians cynically manipulating that for power. At the same time, the mental health of Americans is entering its own crisis from the stresses of pandemic life. Our guest today is the Surgeon General of the United States, Vice Admiral Vivek Murthy. [More](#)



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49 min

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AUDIO TRANSCRIPTIONS

5

STATE OF MISSOURI, ET AL.

6

VS.

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JOSEPH R. BIDEN, JR., ET AL.

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CASE NO. 322CV01213

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12 (Due to the quality of the recorded media, portions  
13 were unable to be transcribed and include inaudible  
14 portions. The transcript may also include  
15 misinterpreted words and/or unidentified speakers.  
16 The transcriber was not present at the time of the  
17 recording; therefore, this transcript should not be  
18 considered verbatim.)

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23 TRANSCRIBED BY: MELISSA LANE

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1 (14:00-17:42) -

2 [https://urldefense.com/v3/\\_\\_https://podcasts.apple.com/us/podcast/surgeon-general-\\_\\_;!!NtP9J7iH1lvXGg!NvSY0QxIiizgZ1qyX8X6Qc0yklFWl9c85\\_OF0a5Vb6O4S7iIJ8O3f40QZq842zGorkp0q03ByuxHAbj1eHmjWP9zNSNRfQ\\$](https://urldefense.com/v3/__https://podcasts.apple.com/us/podcast/surgeon-general-__;!!NtP9J7iH1lvXGg!NvSY0QxIiizgZ1qyX8X6Qc0yklFWl9c85_OF0a5Vb6O4S7iIJ8O3f40QZq842zGorkp0q03ByuxHAbj1eHmjWP9zNSNRfQ$)  
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4  
5 vivek-murthy-on-covid-and-mental-health/id1460720864?i  
6 =1000546755607 (1/3/2022).

7 VIVEK MURTHY: That's such an important  
8 point, Alyssa. There is a lot of misinformation out  
9 there, and it's costing people their lives. There's  
10 no other way to put it, because one of the things that  
11 we've seen is different now compared to the  
12 misinformation that was floating around over the last  
13 100, 200, 300 years as long as this man's been alive  
14 is that this Eden Scale and sophistication with which  
15 this misinformation is spreading is truly  
16 unprecedented, and a lot of has been enabled by  
17 technology platforms in the social media which enable  
18 the spread, and I'm not saying that the platforms are  
19 intentionally trying to spread misinformation, but  
20 people are using them to spread misinformation, and  
21 the platforms need to do a lot more is step up, to be  
22 accountable for making their spaces safer.

23 And what can our office do, our office in  
24 July, actually, issued a surgeon general advisory on  
25 the topic of health misinformation, to call the

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1 country's attention to the fact that this was a big  
2 danger and to lay out concrete steps that all of us  
3 taken into society to address it. So we laid out  
4 steps that individuals to take, the technology  
5 companies could take, that healthcare workers,  
6 educators, government, and other stakeholders can take  
7 because it turns out there's an important role for all  
8 of us.

9           Take the individual, for example, Alyssa.  
10 Part of the way misinformation spreads is that people  
11 share it, right, online, because they think they're  
12 helping their friends and their family members, so  
13 they're actually spreading misinformation. So one of  
14 the things that we've advised people to do is sort of  
15 raise the bar in what you share is what you're sharing  
16 coming from a scientifically credible source. Like,  
17 for example, is it verified by your doctors, is it  
18 coming from your local health department, from your  
19 children's hospital, from the CDC. Now, if it's not,  
20 you can still be unsure if it's credible or not, and  
21 if you're not sure, then don't share. That's the  
22 bottom line. Before, we would just share anything  
23 willy-nilly unless we thought it was definitively  
24 wrong.

25           This is a time where we've got to realize

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1     that we have to raise the bar and only share for sure  
2     something that's coming from a credible source. One  
3     of the biggest things that I want to point out to you  
4     which is so, so important, Alyssa, is that we need to  
5     mobilize our medical community to come out there to  
6     use their voice to speak to what's true, and what's  
7     not, because a lot of people with their local doctors  
8     and nurses and people in their community who care for  
9     them, but finally, I just want to come back to the  
10    technology companies for a moment here, because unless  
11    those platforms step up and make their spaces safer  
12    and reduce the amount of misinformation on their site,  
13    it's going to be pretty tough to get a full handle on  
14    this spread of misinformation.

15                   JOE BIDEN: The unvaccinated are  
16    responsible for their own choices, but those choices  
17    had been shulled by dangerous misinformation on cable  
18    TV and social media. You know, these companies and  
19    (inaudible) are making money by pedally lies and  
20    allowing misinformation that can kill their own  
21    customers and their own supporters. It's wrong. It's  
22    immoral. I call on the purveyors of these lies and  
23    misinformation to stop it. Stop it now.

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2  
3 publicly for the companies to do is, number one, be  
4 transparent with the public and with independent  
5 researchers so people understand how much  
6 misinformation is spreading and who's being targeted.  
7 We're also asking them to go after people who are  
8 super spreaders of misinformation on these sites, that  
9 they're causing harm, and we're asking also, thinking  
10 how they're designed their sites because some of the  
11 algorithms of these sites are designed to give you  
12 more of what you consume, and in some that can be  
13 good. If I like cat videos, maybe it'll serve me up  
14 more cat videos. And I do like cats. I grew up with  
15 cats. So, you know, it is a little shameless  
16 (inaudible) cat lovers out there, but the truth is,  
17 that if you encounter misinformation, you consume it,  
18 and the algorithm serve up more misinformation to you,  
19 that only solidifies you in a position that's not  
20 informed by fact and that can be harmful to your  
21 health. You could share that with other people. So  
22 this is why I think the platforms that technology  
23 companies have critical responsibility here. I'm not  
24 talking about legal responsibility. I'm not talking  
25 about financial responsibility. I'm talking about

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1 moral responsibility to do the right thing, to protect  
2 people from harm.

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1 CERTIFICATE OF REPORTER

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I, Melissa J. Lane, Certified Court Reporter of Missouri, Certified Shorthand Reporter of Illinois and Registered Professional Reporter, do hereby certify that I was asked to prepare a transcript of proceedings had in the above-mentioned case, which proceedings were held with no court reporter present utilizing an open microphone system of preserving the record.

I further certify that the foregoing pages constitute a true and accurate reproduction of the proceedings as transcribed by me to the best of my ability and may include inaudible sections of misidentified speakers of said open microphone recording.

*Melissa J. Lane*



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